

GMT	Crew	Activity / <i>ODF or R/G</i>
06:00–06:10		Morning inspection
06:10–06:40		Personal hygiene (post-sleep)
06:40–07:30		BREAKFAST
07:30–08:00		Video downlink: ISS interior and crew activity / <i>??? ?? , item 3.4, pages 3-5, 3-6 + r/g 1400</i>
08:00–08:15		Morning DPC
08:15–08:40		Work prep
08:40–09:00		Review of 7A timeline
09:00–09:50	CDR, FE-1	MO-5: Study of cardiovascular performance under controlled loading on cycle ergometer ? ₀ = 09:16 / <i>Mo Vol. 2, item 3.5, pages 3-25 to 3-32</i>
09:00–09:50	FE-2	PSS CHOS test
09:50–11:00		Review of 7A timeline
11:00–12:30	FE-1	Physical exercise (USOS plan)
11:00–11:25	FE-2	LAB payload status monitoring
11:20–12:00	CDR	Maintenance of ???
11:25–11:30	FE-2	Water sample analysis (?+2 days)
11:30–12:30	FE-2	Physical exercise (USOS plan)
12:00–12:30	CDR	DIATOMEA: Study of the World Ocean / <i>r/g 1447</i>
12:30–13:30		LUNCH
13:30–14:30		Review of 7A emergency procedure changes
14:30–16:00	CDR	Review of 7A robotics ops
14:30–16:15	FE-1, FE-2	Review of 7A robotics ops
16:00–18:30	CDR	Physical exercise (TVIS+cycle day one)
16:15–17:15	FE-2	Review of DOUG software
16:15–16:45	FE-1	DOSMAP: MDU recharging (start)
16:45–17:25	FE-1	INTERACTIONS: data collection
17:15–18:45	FE-2	Physical exercise (USOS plan)
17:25–17:45	FE-1	Delta file downlink prep
17:45–18:45	FE-1	Physical exercise (USOS plan)
18:30–18:45	CDR	Report prep
18:45–18:55		Review plan for the next day
18:55–19:10		Evening DPC
19:10–19:30		Review plan for the next day
19:30–20:00		DINNER
20:00–20:30		Daily food ration prep
20:30–21:30		Personal hygiene (pre-sleep)
21:30–06:00		SLEEP

Note: See OSTP for references to US activities

End of radiogram